



THE

CALIFORNIA HOMŒOPATH.

A Journal Devoted to the Interests of Homœopathy
on the Pacific Coast.

EDITOR, - - - WM. BOERICKE, M. D.

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EDITORIAL.

THE editor cheerfully calls the attention of all our readers to the following appeal, and trusts the response thereto will be prompt and hearty. A good library is a real necessity to a college, and it is desired to place one in the Hahnemann Medical College of San Francisco that will meet all needful requirements for the present, and be the nucleus for a complete medical library in the near future. Send your contributions of books, journals or money to the committee.

“YOUR interest is asked by the Aesculapian Society of the Hahnemann Medical College of San Francisco, in behalf of our College library, which has been given into the care of the Society by the Board of Trustees, and suitably furnished by the combined efforts of the Faculty and students. We desire to make it valuable as a library of reference and reading-

room, and urgently request your co-operation by a donation of books, magazines or money.

“ A well equipped College library will be of great benefit to the students. Our Faculty and Board of Trustees are doing all that is in their power. Will you help us ?

F. N. SALTONSTALL,

H. S. PELTON,

S. J. FENTON,

Library Committee.

HAHNEMANN COLLEGE, 115 Haight St.”

ORIGINAL ARTICLES.

BEHIND THE BARS.

It certainly, in our Country and in the Nineteenth century, has become a thing much unknown, where the maintainance of a charitable institution is looked upon as a crime and punishable by a criminal proceeding. It certainly takes one back to European life in the days of Jenner, and we for a moment sit bethinking at the feet of old time Hippocratic medicine, with all her narrowed views, her boasted powers and her cruel edicts of authority. Such has been the situation of events that has shadowed the Hahnemann Hospital of San Francisco through the memorable weeks just brought to a close.

Through the columns of the CALIFORNIA HOMŒOPATH some months ago, a description was given, glowing with delight, concerning a newly established Hospital connected with the Hahnemann Medical College. It was with extreme pleasure the institution was projected, and it was with extreme discomfort that a disappointment came, preventing its completion and the matter waylaid and abandoned.

Early in February the Trustees of the Hahnemann College, with their aim single towards the advancement of homœopathy, its popularity among the commonwealth of San

Francisco and its perpetuity on our coast, again, and with a more cemented effort determined to found a hospital.

At length a very desirable location was chosen, near to the Hahnemann College, easily accessible by the Market-street system of cable roads, and outside of the limits prohibited by the Board of Supervisors against the maintenance of hospitals. Resting on the security of our municipal laws, in good faith and with confidence in equal rights to all, the premises 312 Page street, was obtained by a lease of the property for a year.

The building neatly and completely furnished; a matron and house physician in charge, made up the equipments, as it opened its opportunities to suffering humanity.

The greatest care had been taken to secure to the premises every possible sanitary advantage—in admitting only non-infectious and non-contagious diseases, and being remote from other buildings it became in no way justly objectionable to the most fastidious neighbor.

In the course of a few weeks following its establishment, a complaint arose armed to the teeth with subtle hatred for that which shares a voice in the mitigation of human suffering, sought in the foulest possible way a means of suppressing the Hospital. To further the object some one frames an ordinance placing the prohibitory limits very remote, which passes the Board of Supervisors, becoming a law May 23d, 1887. It reads that,

“No person or association shall keep, erect or maintain any hospital within that portion of the city and county bounded by a line commencing at the intersection of Lyon street with the waters of the bay; thence along the easterly line of Lyon street to the southerly line of the Presidio Reservation; thence along said line to First avenue; thence along the easterly line of First avenue to Fulton street; thence along the northerly line of Fulton street to Stanyon street; thence along the easterly line of Stanyon street to the northwesterly line of the San Miguel Rancho; thence along the northwesterly and northeasterly lines of said rancho to Douglass street; thence along the easterly lines of Douglass street to Thirtieth street; thence along the northerly line of Thirtieth street to Mission street; thence along the westerly line

of Mission street to Twenty-sixth street; thence along the northerly line of Twenty-sixth street to York street, thence along the westerly line of York street to Twenty-fifth; thence along the northerly line of Twenty-fifth street to Potrero avenue; thence along the westerly line of Potrero avenue to Yolo street; thence along the northerly line of Yolo street to the waters of the bay.

This section shall not prohibit the maintenance of hospitals established on or before the First day of January 1887, or to hospitals to be hereafter established or maintained by private donation or bequest within the above limits, where the plans and location are first approved by this Board, or physicians from maintaining rooms for the accommodation and treatment of their private patients.

To those most intimately concerned in the defense, to them the net of the enemy was most intricately and closely woven, the pulling of whose thread meant destruction.

It will be seen at a glance that the ordinance is to exclude no institute established before January 1st 1887, but is to suppress all hospitals unfortunate enough to have not been existing one day or days before the initial day of 1887. The law thus seeks to go back, in an ex post facto manner and make an act a crime and punishable as such, when at the time it was committed was not regarded as a crime.

As the Hahnemann Hospital is the only institution founded since January 1st, 1887, it brings us to one conclusion only, that it was aimed simply and solely with the intention of its destruction, and was to interfere with no other hospital, including even the several illegally maintained institutions.

Again it will be seen that the boundaries of exclusion are so distinctly placed, as to make it practically impossible to maintain a hospital in the jurisdiction allowed, in the present state of the transit system of San Francisco.

It is so framed, as to place the possibility of any future homœopathic hospital among the signal uncertainties. This is not all, there is more to follow.

The lawyer of the complainant executed a scheme by which he detailed a detective to visit the hospital, and to gain from the resident physician and surroundings, all the possible certainties of its existence as a hospital.

The detective patrolled to this duty, proceeded to the office of Dr. James W. Ward, Chairman of the Hospital Committee of the Hahnemann College Trustees.

He there presents the story of himself a, father, in limited means, with a sick daughter dependent upon him, with the tale of an invalid wife, and expresses the desire to enter his daughter for hospital care.

He further secures the terms,—rules of admission, the means upon which it is sustained, and departs promising to return to accept the benefits offered to those in limited means.

In a few days the warrants are issued, sworn to, and executed for the arrest of Dr. James W. Ward, as Superintendent of the Hospital, and Dr. Sidney H. Smith, House Physician and Surgeon.

The warrants held that the defendants were maliciously maintaining a hospital within certain limits. The trial developed the remainder of the plot. A special policeman had been designated to night duty on the street, a detective engaged in the unhappy sacrifice of manliness and outright honesty for the sake of gore; the complaining witness a neighbor, and the lawyer whose efforts were vigorously directed towards gaining the ends of his clients wishes without the faintest regard to justice.

Argument was not permitted in the Police Court, and the judge ordered the case submitted on briefs. Strange to say, the plaintiff, it is said, never filed a brief, as if sure of the judge's decision. Sure enough, the decision came that the ordinance was sustained, and the defendants ordered to each pay a fine of \$100, or go to jail for the term of fifty days. The legal advisers of the hospital, Adley H. Cummins and McAllister & Bergin, saw fit to proceed with the case on *habeas corpus*, and the defendants remanded into the custody of Sheriff McMann, of the City and County of San Francisco. Thus, for the first time in the history of medicine on the Pacific Coast, or the development of homœopathy on our continent, she stood behind the iron bars, confronted by the stern hand of injustice, and for a time there seemed impending the thunder-bolt of misfortune, threatening to force homœopathy in San Francisco twenty years in the background.

The writ of *habeas corpus* was sued out before Judge Toohy, and argued on July 31st. The defendants claimed several points of constitutional law, each of which was sufficiently strong to break its validity, but there lacked in its framing, a cardinal feature, which attracted more than ordinary attention.

It consisted in the ambiguous definition of its boundaries, vaguely defining the line of prohibition, and leaving the reader to infer whether "within" meant towards the city or towards the waters of the bay.

Judge Toohy, on Aug. 7th, rendered his decision favorable to the Hospital interests—granting the *habeas corpus*, and ordering the prisoners discharged.

Thus has ended a struggle which has brought much anxiety, much prolonged anxiety and financial strain upon the Trustees of the Hahnemann College.

With all the rocking and tossing endured since the incipency of this college, by breakers from within and without, this hospital matter has eclipsed them all, because it inflicted its blow at the very heart of our hopes, and at the vital interests of the patrons of homœopathy. The cherished hope of years is now realized, maintained by the generosity of the physicians contributing to its support.

It is hoped, and the profession earnestly urged to send and treat their patients therein; to gather donations that we may some day erect our structure, and one and all gather at the shrine as devotees of one cause, one hope and one aim of mitigating human pain.

JAS. W. WARD.

MOUNT SHASTA.

By G. E. DAVIS, M. D., SAN FRANCISCO.

California is a State of great promise as regards its climatic possibilities and will well repay the intelligent physician's survey. Just at the present time the southern part of the State seems to occupy the public mind as the promised Mecca for the invalids of the rest of the United States. Although not disposed to under-estimate that portion of the State for

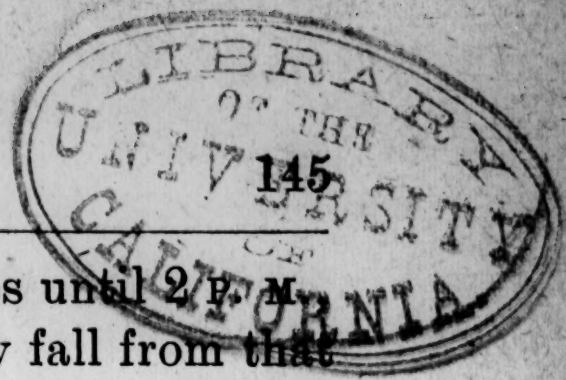
the good it has already done, and is constantly doing, still I am fully convinced, both from personal knowledge and a knowledge gained from the reports of patients who have frequented the promised land, that we have a far more promising section, during the greater part of the year, in the environments of Mt. Shasta. Until within the last few months this region was comparatively an Ultima Thule for invalids, from the fact that it was only accessible after a long and fatiguing journey by cars and by stage. Now all this has passed away and we have in its place an easy Pullman ride to its very threshold. If we consult the map of California we find two parallel ranges of mountains running north and south; the Coast Range on its extreme western coast, and the Sierra Nevadas occupying the same relative position on the east. These two ranges gradually converge until they meet in Siskiyou Co., and have as their pivot a bold isolated peak rising above the surrounding plateau nearly or quite 11,000 feet. This peak is the famed Mt. Shasta, which rises as the solitary sentinel of the surrounding country 14,440 feet, occupying about the same latitude as Rome, Italy. It was so named by the Russians who called it Tchasta, the chaste or beautiful, from the glistening snows and ice that ever crown its side and summit. Surely it is rightfully named, and those who have been so fortunate as to have drunk in its beauties and grandeur, can never be weaned from the love they bear it. It was my good fortune to have visited it and to have basked in the charms it ever presents, for the first time six years ago. I shall never forget the inexpressible pleasure I derived from the first panorama I gained while riding on the box of the stage with the driver, on the Oregon Stage-road. After an all-night ride, while crossing a ridge near Slate Creek, it burst on my vision in all its glory, fifty miles south of its base. All that day I had ever changing views of the Chaste Mountain, each of which served only to increase my pleasure and admiration. At length my ride was over and at 4 p. m. I was domiciled at the Upper Soda Springs, eight miles from its base, with my venerable friend Uncle Dick Mannon, now of blessed memory, who had located at these springs, an invalid, twenty-eight years prior to my visit.

To the city patient convalescent from some severe acute

malady, the where to complete his convalescence and bring about a full restoration to health, is of momentous importance. Unless guided by the advice of his medical attendant, he is pretty apt to select a fashionable seaside resort, the worst possible selection he could have made, from the fact that he has already had too much of the bracing influence of the sea air. Professor Loomis says: "Beneke's experiments show that tissue changes take place more rapidly on or by the sea than in the mountains. Hence those in whom the process of tissue change needs no hastening, and those with exhausted nervous systems, with an overtaxed brain from excessive mental labor or an all-absorbing business, and who retain considerable muscular power—those should go to the mountains." Shasta to such fulfills the demand in all its conditions. From its situation it has the altitude and temperature, with a freedom from the cool, moist atmosphere of the coast and the extremely hot and dry air of the higher Sierras.

There is no question but that Shasta owes its birth to volcanic action. The surrounding country constantly attests to this fact. We can trace the flow of the lava as far south as Slate creek, Shasta county, beyond which point all traces of it disappear. The soil, too, is composed principally of scoriae and ashes, from which the immense forests take their growth. The country surrounding the mountain is an immense, wooded plateau of from 2,000 to 3,300 feet, heavily timbered with fir, pine (white and yellow), spruce, hemlock, birch and oak. We find the very best of sweet, pure water bursting from all its rocky cañons. The climate is as near perfection as it is possible to find a climate. In winter the thermometer rarely falls below 50°; and in mid-summer seldom rises above 100° in the shade. The nights are always cool, so that one can sleep comfortably under blankets, to rise perfectly rested and refreshed in the morning. The mornings and evenings are perfection itself, and one can sit in the open air and drink in the warm and balsam-laden air so healing to the mucus tracts. The air is so surcharged with the healing balsams rising from thousands of fir, spruce, hemlock and the pines, that the weak and thirsting lungs seem never to be sated therefrom. We find a temperature

MOUNT SHASTA.



of 70° at 7 in the morning; this gradually rises until 2 P. M. at which time it reaches its acme, to gradually fall from that time on until bed-time, when it reaches 65° . Once or twice a month during the summer-time, the atmosphere is cleared and the evergreens are rejuvenated by gentle rains of a few hours' duration, by means of which nature seems to continually reinvigorate this charming climate.

To the invalid, a flat country, with its never-changing scenery, constantly haunts his mental powers with a sameness that becomes unbearable after a short sojourn, and he feels that he must have a change. Not so Shasta, for the country hereabouts is one constantly-changing panorama. We are in the midst of babbling brooks ever singing their lullabys; of evergreen trees, many of which are crowned with mistletoes, so sacred to the Druids of old; of high mountain ranges girdled with gigantic forest of evergreens, dwelling upon which the eye never tires; of deep cañons and ravines turning and twisting into so many and varied forms that the mind ever amuses itself in conjuring up their semblance to the mythological figures of heathen days; of the great varieties and profusion of the floral display so bountifully provided by nature that he is constantly meeting with new surprises, turn which way he may, as if nature never tired of providing for the weary visitor, pleasure, rest and contentment.

In the mountain itself we have a never ceasing source of wonder and amazement. We can sit for hours at a time and drink in the wonderful kaleidoscope before us. We have an immense mass of lava rising almost three miles into the pure ether. To give an idea of the vastness of Shasta let us say we shall ride over two hundred miles before completing the circumference of its base, and that were it to sink we would have an immense pit seventy-five miles in diameter. Without these figures one cannot grasp the immensity of this mountain. As we view it we are astonished at the colors it displays. We have a pure white background through which the lava shows with a pale rosy tint, diversified by the deep green of huge glaciers of ice and deep crevices in whose depths lurk shadows of deep blue. As we look we see cirri clouds stealing over the summit, giving one the idea of immense volumes of smoke, as if the fires of Titan were

once again at work in its subterranean depths. Day by day as we watch it the mind finds new delights in its ever changing beauties.

Tired of nature the pilgrim can find rest for the mind and body throwing the fly for the speckled beauties, which so plentifully inhabit all the waters at its base. Neither are these of a small size, for he can take trout up to ten pounds in weight, (the Dolly Varden), and should he so desire it, the lordly salmon, which are so common in the McCloud River as to be a nuisance to the angler.

Tired of angling, he can stretch his muscles in pursuit of game of any size, from the savage grizzly to the gentle quail. Deer are plentiful, and of three varieties, but he must get a little out of the beaten path of the ordinary traveler. The Shasta region is full of most excellent mineral springs, most of which are known as soda springs. Commencing at Sim's, thirty miles south of the mountain, we have a fine white sulphur spring, whose waters are cold. This spring has not yet been thoroughly tested, but belongs to what are known as the "light sulphur" waters, and are likely to exert a curative action in chronic skin diseases and scrofula. The spring and surroundings are owned by S. F. Southern, a pioneer of twenty-eight years. He keeps open house for all comers, and invalids will be sure of a hearty welcome from "Sim" and his most excellent warm-hearted family. The surroundings are picturesque, and the climate somewhat warmer than nearer the foot of the mountain.

Going north ten miles, we reach the lower soda spring. This spring is one of the saline chalybeates, and is most delightfully situated in a small valley running off from the cañon of the Sacramento, one-half a mile from the river. This is one of the most charming locations in the Shasta country. Its altitude is about 2,000 feet, and its surroundings could not be improved upon. To the north we have for a foreground the Castle Rocks, one of the many wonders of this wonderful State. The rock is one immense uprising of granite, 4,000 feet in height, pinnacled and turreted in every conceivable form and shape, having the appearance of one of the ancient castles of the old Feudal times. To the east we have a valley, in which the spring is situated, extending some

ten miles, carpeted with flowers of all colors, forms and shape; encircling it on all sides are mountains of evergreen trees giving off their healthful balsams. The waters of this spring are cold, slightly salty to taste, and possess highly curative powers in various cutaneous diseases, scrofula, gout, rheumatism; and are most successfully employed in diabetes, Bright's disease, and, from their ferruginous qualities, affections that disturb the functions of the uterus. They are now owned by the S. P. R. R. Co., who design the erection of a hotel, patterned after the famous hostelry, Del Monte, at Monterey. This is destined to be one of the best health resorts in the State, both from the benefits to be derived from its spring and also from its surroundings, for bronchial and lung affections.

Six miles to the north are found the famous Upper Soda Springs. This spring is one of the chalybeates. Its waters are clear, cold and sparkling, their temperature being 52°. It has been resorted to for more than thirty years by the people of Southern Oregon and Northern California, and by the Indians from time immemorial. Situated in the cañon of the upper Sacramento and only eight miles from Shasta's peak, the view of the mountain from here is one of the best in the upper country. On all sides are lofty mountains, and so clear is the atmosphere and seemingly so near are the mountains that it seems as if one could throw a stone to their summit. The nearness of the forests and an altitude of 2283 feet make this spring the choice location for those suffering from bronchial and lung diseases. We have here plenty of sunshine, a dry soil, the proper altitude, surroundings of the balsamic family of trees, so that our patient is sure of plenty of ozone, denoting pure air, with an absence of sudden and frequent atmospheric changes. With all these favorable conditions we find an admirably kept house, setting the best table at present in this section; plenty of large, ripe and luscious strawberries and blackberries served with a profusion of cream.

The hotel is owned and kept by Mr. and Mrs. John Masson, and her brother, Mr. George McCloud, and his wife. Mrs. Masson and George McCloud were born and raised at the Springs, so that their guests will find them replete with

a history of this country, and model landlords. In speaking of this Spring, Prof. J. G. Whitney, in his Geological Report says: "The water is a chalybeate, there being an extensive ferruginous deposit around the spring. It is highly impregnated with carbonic acid, sparkling like soda water, whence the name. The surroundings of these springs, the locality in which they are situated, is said to be one of the most beautiful in the northern portion of the State, inviting the visitor by its magnificent forests, its dry, cool air, and its clear, pure water. Dr. Price, of San Francisco, informs me that he regards this spring as more highly chalybeate than any he has ever examined in this State." The water already has a high reputation for its tonic effect, its specific action on the kidneys, for many forms of liver and stomach derangements, and in many forms of uterine troubles.

To the north for a distance of five miles, to the head of the upper Sacramento canon, there are innumerable soda springs, of a kindred nature, bursting from their rocky barriers. In the extreme northern part of the State, on Shovel Creek, a branch of the Klamath River, we find Mud Springs, equaling those of the famous Paso Robles. They are hot springs, and have already proved very efficacious in many forms of cutaneous diseases, syphilis, rheumatic and gouty troubles, but their accommodations are as yet exceedingly primitive.

In conclusion, permit me to only suggest a visit from you, and we are sure you will say, we came, saw, and were conquered.

HEALTH AND EDUCATION.

F. F. DE DERKY, M. D., SAN FRANCISCO.

We know that the comparative freedom from disease of the race of the future as well as its greatness and goodness depends mostly on the sound condition of its parents, and rests on the bringing up of the offspring. It is our duty therefore, that we should see to it that sound parents are provided by the rational bringing up of the coming generation, who in turn, will be the fathers and mothers of the rest. In order to provide such parents, an educational reform has

become one of the necessities of humanity; it should be a radical reform, one that will begin education from the birth of the individual, nay even, through the influence of the parents, before the birth, during the intra-uterine life of the offspring. The first and principal object of such a reform should be to aim at the improvement of the animal body of the human young, without distinction of either sex, state or condition, and this improvement is best to be accomplished by *physical education* during the period from birth to the tenth or twelfth year of life. I say, from birth to the tenth or twelfth year, but nay, the very act of birth, by which the young being is ushered into this world is of the greatest importance to the future health of the individual. For I maintain that next to parental contamination the most fruitful cause of the mortality in early childhood, and the foundation to many diseases during after life, is to be found in the improper treatment of mother and child at this period. A discussion however of these matters would take too much space and time, and will have to be left for some future consideration. The question naturally seems to come: Can physical education eradicate hereditary taints and improve the animal body? Of the latter there is but one opinion, it seems to be universally acknowledged; the former is denied by many. History, however, teems with examples of individual, practical applications of these principles from which the wide scope and whole extent of their beneficial influence to the race may be learned. To point out many of these would indeed lead too far. I will briefly mention only two. Herodicus, or as others call him, Prodicus of Selhymbria, the most ancient founder of the gymnastical sect in medicine lived in the middle of the fifth century B. C. was a sickly child and youth, and being restored to health by exercise and rational living, recommended the same course to others. He worked himself into celebrity as an advocate of medical reform and became the founder of that sect in those days, so ably reproduced and revived in our own time by Peter Henrik Ling of Stockholm, as the so-called Swedish movement cure. The second example is Herbert Spencer, the philosopher, himself one of the greatest advocates of educational reform. In all probability he would have died in early

childhood, being feeble and weakly and the only surviving child of his parents. He owes his preservation to the intelligent and special care of his father and thanks to physical culture. The result in this case is well known to the world. As a living contemporary his name and fame is in the mouth of every one. The human race will be better for his having been preserved. Physical education will teach us how to develop a healthy body, how to prevent the development of all taints possibly existing in the original germs, ovum and spermatozoon, derived from the parents and waiting for favorable conditions to come to a full growth. It will teach us how to preserve this body in a healthy state under all circumstances from birth to extreme old age and death. Physical culture will stamp out all these taints of hereditary origin and strengthen the organism in such a manner as to prevent a development of predisposition to disease. It will do not only this, but also prepare the individual, male or female, more effectually for the battle of life and make existence the less of a battle, as it becomes more of a useful pleasure.

Health is the first requisite for the enjoyment of life, and the most natural source of happiness. Rational education should lead to health and better physical development. If we were better physically, we should be better also morally and socially as we grow, comparatively speaking, more free from disease, we should become more free from vice. Vice is the result or product of want of sufficient and proper relative exercise, and in this sense, individual or personal disease is a vice, if not of ourselves, then of our ancestors, more or less recent or remote. By individual disease I mean, all those diseases, which do not depend on atmospheric or telluric influences, though even these, if viewed from the right point are promoted and enhanced if not produced entirely by the same cause. The necessity of educational reform has been recognized from time to time by various philanthropists, through all ages as far back as Plutarch, who wrote the first treatise on education, and he already maintained that education should most properly begin at birth. At no time has it been more strenuously worked for and been placed with greater earnestness for

consideration before the people than at present. The partial good results are noticed already in many institutions, and they are indeed encouraging and gratifying. It is to be hoped there will be no standing still, but a steady and constant progress toward the better.

The prevailing systems of education instead of promoting general health and improving the physical constitution of the individual, oftentimes undermine and destroy both. It has become a popular saying that "health became broken down by hard study in trying to get an education," when the actual reverse should be the case. Education should teach us "How to live completely," consequently a reform should be had, leading to true liberal education. True liberal education should comprise physical education, the study and knowledge concerning the development, use, etc., of a healthy body; gradual mental and intellectual instruction, as the child or individual becomes more and more capable to receive it; practical and industrial training, to learn how to work for the acquisition of the means of sustenance, etc.; physiologic, hygienic and medicosanitary teaching, and lastly, but not least, moral and socialological schooling. Neither of these branches are likely to be neglected in the educational system of the race of the future; they should be taught more or less simultaneously by *practical* teachers, men and women.

The most important of all for the improvement of the animal body is exactly the one which has been hitherto much, if not most neglected, viz: that of physical education, not considered as *mere muscle culture*, but rather the proper and efficient exercise for strengthening purposes, of all the organs and parts of the body, the exercise of all the senses, faculties and capacities of the individual. Exercise enhances the circulation, promotes respiration, and causes good nutrition and assimilation, provided the proper media and condition for these functions are offered. Our senses, considered as modifications and special developments of general sensation, produced as necessity demanded, require and need exercise for development and perfection. They were called into existence by exercise, in consequence of the need and demand of the animal body, through slow and gradual evolution, and they must be exercised and used for their various purposes, in order to

keep them in good condition and working order. Without light there would be no need for eyes, without sound, which being would feel the want of an ear? and so on with all the senses, and with all the faculties and the mental capacities as well. The muscles and limbs are organs of locomotion, and for working utility, to keep them in the condition they were intended to be, they must be exercised and used to their true ends. And this using them to their true ends, will improve the condition of *all* the organs of the body, vital or otherwise. It is immaterial whether the exercise is for its own sake, for a specific purpose, for play or for work, with an eye toward a more immediate material usefulness, as long as it is adapted to the individual case in hand, and not carried to exhaustion, or even fatigue, without a corresponding rest for recuperation.

ADENITIS.

By J. E. LILIENTHAL, M. D.

Adenitis is a disease *per se*, is hardly noticed in text books on diseases of children. When noticed at all it is mentioned among constitutional diseases as an adjunct to scrofulosis, and its treatment when taught in the schools, is generally from the chair of the Professor of Surgery.

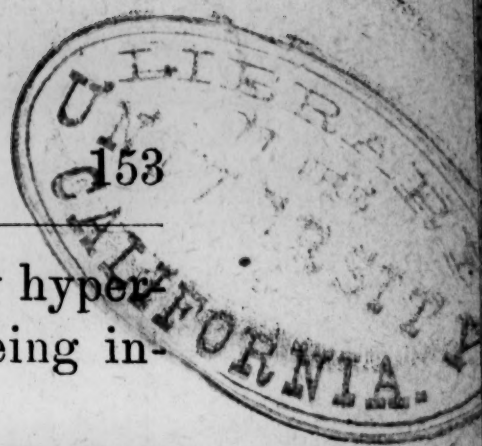
Our young graduates follow the lessons here taught, much to the detriment of the patient, and the numerous cases that have come to my hands, after having been treated in this manner, must be my excuse for bringing this subject before you. I do not refer to the Adenitis of the surgeon, which includes only the part of a gland or chain of glands, due to the absorption of some septic material from a wound, but the simple enlargement of glands so often met with in children. We must exclude in our category such enlargements as are due to the course of any exanthematic fever, diphtheria, etc., and which leaves us, then simply those arising in scrofulous children, for those due to dental irritation or eczema of the scalp or face, are, in my opinion, only found in children of scrofulous or tuberculous habitus.

ADENITIS.

The pathological anatomy is a simple inflammatory hyperplasia, the cell elements and connective tissue being increased.

Day, in his diseases of children (903) says: The gland so affected may remain for an indefinite time enlarged and tender; then they gradually shrink, and resolution takes place, if the general health and constitution are good. They sometimes give rise to neither pain nor inconvenience of any sort. They occur in children in fair health, who get an occasional sore throat, the swelling subsiding in the course of a few days. If the child is delicate, and comes of a strumous family, we speak of scrofulous enlargement so common in the out-door department of our hospitals. A gland swells and remains enlarged for some time, then another gland, or, indeed, several glands become implicated, the morbid process spreading from one to the other, and suppuration occurs in them one by one, till they either ulcerate and discharge a caseous kind of pus, or it may be considered advisable to open them. In either case a puckered and ugly scar remains for life. When the suppurating glands are not opened by the surgeon, it sometimes happens that the matter within becomes absorbed, leaving a hard concretion in the neck. These enlarged glands may be seen sometimes in children who are tuberculous, showing no tendency to suppurate. It is in such cases as these that the cervical glands remain large, uneven and irregular in shape, without any tenderness or discoloration of the skin. They are freely movable and non-adherent. The glands usually affected are the cervical, inguinal, axillary and mesenteric.

What now do our old school friends say as to treatment— Iodine in solution, or iodine ointment with constitutional treatment, the latter consisting of good food, syrup of iodide of iron, phosphate of iron, cod liver oil, and if suppuration threatens, the poultice and the knife. Can we do better? It is no disease fatal to life that we are called upon to treat, and still you will find the mothers anxious about these little enlargements, and many of our colleagues can date their success and firm hold upon a family, by their skill in combating these glandular troubles without the intervention of the knife. You have heard what Dr. Day has had to say regard-



ing the suppuration of these glands, "a puckered and ugly scar remains for life." This is indeed the result of the poultice and the lancet, but the case must indeed be a severe one that leaves such a result under proper homœopathic medication, and I have treated many of them where the scar was hardly perceptible.

What shall be our manner of treatment when called upon to prescribe for this class of troubles. As mentioned before, they are a source of great annoyance to the parents, especially if our patient be of the female sex, and taking a case of the indolent type, causing no pain, nor any inconvenience, it is not so easy to find the similimum as it would at first appear. Simply prescribing for the glandular enlargement will not answer, we must find the constitutional taint that is the cause of the trouble, and only by eradicating this taint can we restore the patient to health and remove the glandular ailment, which is perhaps but the forerunner of deeper and more serious maladies.

It would be like "carrying coals to Newcastle," for me to give you the indications for some of our principal remedies, as Calc. Hep. Merc., and even at the risk of being considered prosy, I have preferred to work out a repertory for these glandular enlargements, or in this way I can possibly call your attention to some drugs with which you are not so well acquainted.

Enlargement and Swelling of Auxiliary Glands—Arum. c., Arum. m., *Auantherum*, Anthracinum, Ars. iod., *Asterias*, *Aurum*, Baryta c., Bell., Calc. C., CARBO. AN., *Clematis*, *Conium*, Crotalus., Hepar. Iodine, Kali. c., Lach., *Lyc.*, *Merc.*, Merc. iod. rub., Natr. m., Natr. sulp., Nitr. ac., *Phos.*, Puls., Rhus., Sep., *Sil.*, *Sulf.*

Cervical—Arum. c., *Anantherum*, Ant. cr., Apis., Arg. met., Ars., *Arum*, *Astacus fluviatis*, *Aurum*, *Badiaga*, BARYTA. C., BARYTA. MUR., BELL., *Brom.*, Bry., *Calc. fl.*, CALC. CARB., Caps., *Carb. aci.*, *Carbo. veg.*, Cham., Cinnabar, Cistus, *Clematis.*, CONIUM., Caps., Dulc., Graph., Hell., Ign., *Iod.*, *Kali. carb.*, Kreos., *Lach.*, *Lyc.*, Magn. mur., *Merc.*, Merc. corr., Merc. iod. rub., Mur. ac., Natr. carb., Natr. mur., Nitr. ac., *Phos.*, Phyt., Puls., Sarsap., *Silic.*, Spig., Staph., Sulf., Thuya., Viola. tr.

Cervical, with Eczema—Astacus., Baryta. c., Baryta, m., Brom., Calc. c., Dulc., Kreos., Lyc., Natr. m., Viola. tr.

Sub. lingual—Acet. ac., Auantherum, Baryta. mur., Bell, Calc. c., Canthar., Kali. mur., Kalmia., Lac. can., Merc. dulc., Staph., Psor., Tab.

Under chin—*Anthracinum*, *Staph.*

Sub. Maxillary—Acet. ac., Amm. c., Amm. m., *Anantherum*, *Anthracinum*, ARS., Ars. iod., Arum., Aurum., BARYTA c., BARYTA MUR., Bul., *Brom.*, *Calc. fl.*, CALC. c., Calc. ph., Calend., *Carbo. au.*, *Cham.*, *Chin. ars.*, CHINA., Cocc. *Conium*, Copaiva, *Graph.*, *Iodine*, Kali. c., *Kali. iod.*, Kali. nitr., Lyc., Magn. mur., Merc., Merc. Natr. C., Natr. Mur., *Petrol.*, *Phytol.*, Psor., Sep., *Sil.*, Spong., Stann., Staph., Sulf. ac, Verat. alb., Zinc.

Throat—ARUM., Badiaga., Baryta mur., *Brom.*, CISTUS., Dulc., Staph.

Inguinal—Amm. c., Ant. cr., Apis., ARS., Ars. iod., Aur. mur., Aur. mur. natr., *Badiaga*, Bapt., Baryta. in., Brom., Calc. ars., Calc. sulf., *Carbo. an.*, Caust., CLEMATIS, Copaiva, Crotalus., Cupr., *Dulc.*, *Graph.*, *Hepar.*, *Iodine*, Merc., Merc. iod. fl., Nitr. ac., Puls., Silic. Spong., Sulf., Thuya.

Mesenteric — Abrotanum, *Anthracinum*, Ars., Aurum., *Baryta c.*, CALC. c., Sulf.

Hurd—Ant. cr., Apis., Asterias, BADIAGA, Baryta. carb., Calc. sulf. Carbo, Cinnab., Cocc., *Conium*, Kali. nitr., Kali. carb., Lyc., Merc. corr., *Phytol.*, Puls., Sil., Spig.

Hard Stony—*Anthracinum*, Apis., BROM., *Calc. fl.*

Indurated—Arg. nitr., Ars., Aur., BADIAGA, *Baryta. c.*, BARYTA. MUR., Bry., *Calc. fl.*, Calc. sulf., CARBO. AN., *Carbo. v.*, CHAM. CISTUS., *Clematis*, Cupr., *Graph.*, Iod., Merc., Merc. iod. flav., Natr. c., Rhus., Sarsap., Sil., Spong, Staph., *Sulph.*, Viola. tr.

Suppurating—Ars. iod., Aur. mur. natr., Badiaga, Bell., Calc. c., Calc. sulf., *Carbo. o.*, CISTUS., *Hepar.*, *Kali iod.*, Merc., Merc. iod. rub., Natr. sulf., Nitr. ac., Rhus., Sep., Sil., Sulf.

Painful—Amm. c., Anantherum, Anthracinum, *Ars.*, *Aurum.*, BARYTA. CARB., BARYTA MUR., Bell., CALC. CARB., Calc. phos., Calend., *Caps.*, *Carbo. an.*, Carbo. v., Caust., China, Conium, Copaiva, Crot. tig., Cupr., Ign., Kali. carb., Kali. nitr., Merc., Natr. m., Psor., Puls., Rhus., Sil., Stann., Staph., Sulf., Sulf. ac., Tab., Thuya., Verat.

Painful *when coughing*—Natr. mur.

Painful when chewing—Merc.

Painful when lying on them—Thuya.

Painful when moving the jaw—Magn. c.

Painful to pressure—Ant. cr., Baryta. mur., Magn. c., Magn. mur.

Painful when swallowing—Anthracinum, Calend, Calc. c., China, Lyc., Sil., Spig., Staph.

Painful (sore) to touch—Acet. ac., Bry., *Calc. carb.*, Calend Carbo an. Clem., Cocc., Cupr., Dulc., Graph., Kali. c., Natr. mur., Nitr. ac., Phos. ac., *Sil.*, Spig., Spong., *Staph.*, Sulph., Tab.

Painful when turning head—Calc. c., Calend., Dulc., Nitr. ac.

Painful when turning neck—Cham.

“ “ walking—Bapt., Caust., Clem., Dulc.

Pain—bruised. *Ars.*

“ —burning. Carbo. an. Coc. c.

“ —cutting. Carbo. an.

“ —drawing. Sil.

“ —lancinating. *Bell.* Carbo. an., *Cupr.*

“ —pricking. Sulf.

“ —as if pinched. Verat.

“ —stinging. Cocc. *Merc.*

“ — “ during deglutition. Spig.

“ —sticking when touched. Calc. c.

“ —stitching. Amm. m., Calc. c., Con., Kali. c., Nitr. ac., Phos. ac., Sil. Sulf. ac.

Pain—stitching when chewing. Calc. c.

“ — “ “ swallowing. Calc. c., Lycop.

“ —tearing. *Cupr.* Nitr. ac.

“ —tingling. Conium. Kalmia.

“ —throbbing. Amm. m., Clem., Merc. Puls.

Itching of glands—Sil. Sulf.

Tickling—Kali. c.

Accomp. by,

Stiffness of throat. Graph.

“ “ neck. Nitr. ac.

“ “ tongue. Nitr. ac.

CLINICAL ITEMS.

THERAPEUTIC HINTS.

CHRONIC discharges from nose are sometimes removed by Anacard and Phosphor.

SNEEZING often arises from catarrhal or nervous irritation; when it is excessive, Conium., Teucrium or Sabadilla may be tried.

PAIN in back is often relieved by Oxalic acid, better than any other remedy.

EXCESSIVE sensitiveness of sight is sometimes moderated by Conium. or Bellad.; of hearing, by Agar. or Cann. ind.; of smell, Agar., Carbolic acid or Coccul.; of taste, by Cicuta. or Rhodod., of touch, by Agaricus; a diminution of sight, by Conium.; of hearing, by Pulsat.; of smell, by Oleander; of taste, by Kreosot.; of touch, by Plumb.

TENDERNESS of the numerous spinal muscles and their tendinous attachments to the vertebræ, is often mistaken for spinal irritation, and may be relieved by Conium.

A SENSATION of excessive fatigue is often relieved by Canab. Sat.

Loss of voice is often remedied by Ammon. carb.

SULPHATE OF NICKEL IN HEADACHE.—A lady was subject to periodical attacks of headache, which lasted three or four days, every two weeks. The pain seemed to be the most acute at the root of the nose, extending to the vertex and through the temples. She had some nausea, but no vomiting. She was unable to raise her head from the pillow when the attack was upon her. The distress was so great during the paroxysms that she lay and groaned in anguish. After administering Cuprum, Ignatia, Sepia, Calcarea, Sulphur, and other remedies without effect, gave a two-grain dose of the 3d trituration of the Sulphate of nickel, and the succeeding paroxysm was lighter. Repeated the remedy every day during the period. The next attack was comparatively light, and after this there was no return for four months—a respite which she had not enjoyed for ten years.

RUMEX CRISPUS IN DIARRHŒA.—In the case of a lad troubled with diarrhœa, which uniformly came on after a night's sleep, and was characterized by a succession of stools in the forenoon, attended with but little pain, Rumex 6th effected a speedy cure. And also in the case of a lady subject to cough and diarrhœa past midnight. She was frequently awakened about two or three o'clock in the morning by a tickling cough, which was followed by several profuse, offensive, and watery evacuations. After trying several remedies which failed to cure her, Rumex 6th was given with good effect. I have found this remedy useful in the treatment of children suffering from diarrhœa worse in the morning, when no cough was present, and when the stools were of a dark and colliquative character.—*Small*.

BISMUTH subnitrate made into paste with water and applied to a swollen testicle, is said to relieve pain at once and the swelling presently.

THE inunction of linseed oil is recommended as the best of all remedies for arresting the distressing itching of the anus, with which so many persons are afflicted.

LAUROCERASUS IN PHTHISIS PULMONALIS.—Mrs. S., a victim of phthisis, an irregular pulse, hectic fever, characterized by

alternations of chilliness and heat, and night sweats. She was much emaciated, and at times, very hoarse, with great accumulation of mucus in the throat. Her breathing was difficult, and she had frequent paroxysms of coughing and raising a thick, bloody mucus. *Laurocerasus* the 6th attenuation in water (ten drops in four tablespoonfuls,) was given in teaspoonful doses every three hours. She was relieved of her fever and night sweats; her cough was much better, her appetite became restored, and she became quite comfortable.—*Small*.

POLYGONUM HYDROPIPER IN THE TREATMENT OF ULCERS.—In some females at the climacteric period there is a proneness to suffer from superficial ulcers and sores upon the lower extremities. I have found no remedy more efficacious in removing them. Twenty drops of the tincture in half a tumbler of water, in doses of a tablespoonful three times a day internally, while the sores are dressed with a compress wet with the solution.—In this connection remember also *Carduus mar* tincture.

KALI CARBONICUM IN ASTHMA.—This remedy in the 6th decimal attenuation cured a case of asthma in a gentleman 59 years old. He was inclined to rheumatism and cough, with expectorations of tenacious, ropy mucus. Until he was relieved by this remedy, he had been unable to lie down for many weeks, but subsequently his breathing improved so greatly that he could lie down and take regular rest.—*Smith*.

THE question, "How shall the medical practitioner disinfect his hands," which has been often discussed, seems to have been completely and satisfactorily answered by Dr. Foster, of Amsterdam, who has made some careful research bearing upon the question, and who asserts that the only absolutely reliable preparation is that recommended by Dr. Koch, of Berlin, which consists in a solution of corrosive sublimate, in the proportion of from 7 to 15 grains in two pints of distilled water. The simplicity of the process and unquestionable prophylactic qualities of this disinfectant will go far to recommend it with surgeon and general practitioner.—*The Medical Register*.

Personal Notes, Locations, Etc.

DR. DILLINGHAM, of Boston, spent the winter in San Diego, and passed through our city on his way home, much improved in health. The doctor is charmed with the "suburbs of the United States," as he terms California.

DR. FISHER, Editor of the *Southern Journal of Homœopathy*, is once more in our midst, and we hope to stay.

FOR SALE—A good practice in Los Angeles County one of the most desirable locations in Southern California; practice worth \$3,000 a year. For particulars address, DR. P. HOWE, Pomona.

DR. L. E. FINCH, a graduate of old Hahnemann Philadelphia, class 1879, has settled at Santa Ana, California. We hope the doctor will do well.

THE new work on the Tissue Remedies, by DRs. BOERICKE and DEWEY, is in the publisher's hands, and will be ready sometime in November.

DR. OLMSTED, of Pomona, paid us a visit a few weeks ago, hale and hearty. The doctor expresses great confidence in the future of Pomona.

DR. M. T. WILSON has removed to 125 Taylor street, San Francisco.

A most desirable opening. For sale cheap—A splendid practice in a growing town of 3000 inhabitants, seventy miles from San Francisco. No other homœopath. Address, A. G. BOWEN, M. D., Healdsburg, Cal.

NEW PUBLICATIONS.

Earth as a Topical Application in Surgery. By A. HEWSON, M. D. Philadelphia: The Medical Register Co. 1887.

This work is a treatise on the use of earth, in all cases requiring topical applications admitted in the surgical wards of the Pennsylvania hospital during six months in 1869. The earth used was taken from deep diggings, well dried but not roasted, and sifted through a fine sieve. It was the yellow sub-

soil common everywhere in Philadelphia, rich in ferruginous clay, and entirely free of all sand, grit, or foreign matter. The clinical reports of Dr. Hewson would seem to justify the more extended use of earth as a dressing, although upon an extensive surface it strikes us as a dirty application. The last part of the work is devoted to explanations of the *modus operandi*, but is in parts to abstruse for easy comprehension. The present is the second edition, and is enriched with four photo relief illustrations.

The Elements of Modern Domestic Medicine. By H. S. HANCHETT, M. D.; revised by A. H. LAIDLAW, M. D. New York: Ch. T. Hurlburt. 1887.

Sexual Health. Companion to Modern Domestic Medicine. By H. G. HANCHETT, M. D.

These two volumes form a plain and practical handbook describing simple diseases, their causes, prevention and safe home treatment, the earliest signs that call for a physician, and the procedure until the doctor comes, in all emergencies. Also the reader finds therein a plain and practical guide in all matters concerning the organs of reproduction in both sexes and all ages.

The work seems to be carefully prepared, and free from the objections that at first thought might be connected with a book of similar aim. After careful reading the part of sexual health, we have no hesitation in saying that it is wholly good—admirable in every respect, and should find its way into the hands of every parent and grown up child in the land.

A Text-Book of Pathological Anatomy and Pathogenesis. By ERNST ZIEGLER. Translated and edited for English students by Donald Macalister, M. A., M. D. Three parts complete in one volume. Octavo, 1118 pages, 289 illustrations, Price, extra muslin, \$5.50; sheep, \$6.50. New York: William Wood & Company.

This valuable book of Professor Ziegler is already so well known to physicians of all schools, that it needs but our mention of another edition in one volume, which is much handier for ready reference than when divided into separate volumes. As a text-book for the student, or a book of reference for the general practitioner, Ziegler's Pathological Anatomy ranks among the best, and is authoritative. For sale by Wm. S. Duncombe & Co., San Francisco.

A Practical Treatise on Obstetrics. Vol. 1. (4 vols.)—Anatomy of the Internal and External Genitals, Physiological Phenomena (Menstruation and Fecundation). By A. CHARPENTIER, M. D., Paris. Illustrated with lithographic plates and wood engravings. This is also Vol. I of the "*Cyclopedia of Obstetrics and Gynecology*" (12 vols), issued monthly during 1887. New York: William Wood & Company.

Charpentier's work on obstetrics is the most complete in any language. The present edition in English, edited by Dr. E. H. Grandin, is even more preferable than the original French edition, since it is enriched by valuable

additions and critical annotations, bringing the work in harmony with the most advanced obstetrical theories in this country and England. Vol. II treats of the pathology of pregnancy. Vol. III, of the pathology of labor. The chapter on dystocia, due to the foetus, is very complete in presentation of horrible monstrosities. We are glad to see incorporated in the same volume some excellent rules for the administration of ergot, limiting its use entirely to uterine inertia after the termination of the third stage of labor. "As long as the uterus contains any thing, be it child, placenta, membranes, clots, never administer ergot." This is the golden rule for the administration of ergot when given in doses sufficiently large to produce its physiological effect.

Volume IV treats of Obstetric operations, the Pathology of the Puerperium, and is illustrated with lithographic plates and wood engravings. Like the other volumes, it is most complete in its treatment. The chapter on the Forceps is exceptionally well rendered with excellent illustrations, whereas, the one on the filet looks to a general practitioner, very unpractical, and highly theoretical, though in hospital practice there may be room for it.

Altogether, this great work on obstetrics is the most satisfactory we have, and we can cordially recommend it and the series of Wood's Library, of which it forms a part.

Therapeutical Materia Medica of 216 remedies. By H. C. JESSEN, M. D.,
Author of "Eczema,"—prize essay. Price \$4.00. Published by the
author. For sale by Boericke and Schreck.

The author calls it a Materia Medica on the right plan, and we certainly believe it is one in the right direction. It is on the comparative plan, arranged in groups, though not always in groups, either according to their natural family relationship or their relationship according to symptoms. Still the arrangement is very helpful to the student and physician in practice, as it enables him to glance over quickly several remedies at the same time. The Special Remarks and Modalities are admirably given, and form one of the most useful parts of the work. As an illustration, we copy the following, but in the book the arrangement is such as places the remedies parallel to each other:

* **ACID. MURIAT.**—Acts upon the blood, the digestive and cutaneous system; partic. upon the outlets of the alimentary canal.

In low toxæmic fevers; in affections of the mouth, throat and anus; in dyspepsia, skin eruptions, etc.,

A low febrile condition of the blood and tendency to putrescence seems to be the chief feature.

Comp. Sulph. acid, Nitr. acid, Amm. carb., Bapt., Rhus tox, etc.

ACID, NITRIC.—LEADING THERAPEUTICS.—Acts in general upon the blood and lymph, esp. upon the cutaneous and digestive systems. The outlets of the body are partic. affected.

In affections where the blood and lymph are esp. involved, as in syphilis, etc.; in dyspepsia, hæmorrhages, skin eruptions, etc.

Esp. indicated for individuals disposed to diarrhœa, and is most effective after Kali carb.

Comp. Kali hydr., Iod., Merc., Acid. mur., Acid. sulph., etc.

ACID. PHOSPH.—Acts esp. upon the nervous system and sets up a condition of intellectual, moral and physical debility, without erethism.

The curative sphere comprises esp. the diseases of constitutional debility, partic. with profuse perspiration.

It is to nervous debility what Ferrum is to anæmia (Dunham).

Comp. Chin., Ferr., Phosph., Ars., Anac., Bry., Nux vom., etc.

PAMPHLETS RECEIVED.

A Brief Sketch of Principles Involved in Dr. Geo. H. Taylor's Remedial Methods.

New Apparatus for Treating Consumption by Gaseous Enemata, and new treatment of the Affections of the Respiratory Organs, and of Blood Poison by Rectal Injections of Gases. By Dr. MOREL.

Annual Address, read before Homœopathic Medical Society of Ohio. By ALBERT CLAYPOOL. M. D.: Toledo, Ohio. 1887.

Genital Reflexes; the Result of an Abnormal Physical Condition of the Genital Organs, Known as Phimosis. By T. GRISWOLD COMSTOCK, M. A., M. D., Ph. D. St. Louis, Mo.

The St. Louis Gynapod or German Leg-braces of Fritsch. Improved by T. G. COMSTOCK, Master in Obstetrics of the University of Vienna. Reprinted from *New York Medical Times*.

Address Delivered by the President of the American Institute of Homœopathy. F. H. ORME, M. D., at the Session on its 48th anniversary, 1887.

Nasal Catarrh and Ozoena; An exposition of the principles involved in their rational treatment and cure. By GEO. PYBURN, M. D., Sacramento.

Works on Materia Medica issued by Hahnemann; Their composition and value. By S. LJLIENTHAL, M. D. Reprinted from *Transactions of American Institute, Pittsburg*, 1886.

A Review in the most important advances in Surgery, Medicine and Pharmacy in the last forty years. By C. W. MOORE M. D., San Francisco, 1887.

Sixteenth Annual Report of the State Homœopathic Asylum for the Insane, at Middletown, N. Y. Transmitted to the legislature Jan. 1887; Albany 1887.

A most interesting and instructive report containing invaluable hints for the treatment of the Insane made use of by Dr. Selden H. Talcott, the able superintendent of the Asylum.

SELECTIONS.

ON THE TREATMENT OF CORPULENCE.*

Among the most interesting discussions which took place in the Congress of Internal Medicines, held in April, 1885, in Wiesbaden, the debate on the most rational and successful treatment of obesity occupied a prominent place. We will place the main results only before our readers, and refer those desiring a fuller information to the *Zeitschrift für Therapie*, May 1, 1885; *Centralblatt für kl. Med.*, May 16; 1885; and *Deutsche Mediz. Zeitung*, May, 1885. Medicines are no longer regarded as in any way influencing obesity. Change of regimen is now universally admitted as the only method of disposing of an undesirable surplus of fat. This change of regimen may consist in altered food, in an altered *modus vivendi*, or in both. Any cure must be regarded as irrational which tends to general inanition, and as inadmissible which cannot be executed without taxing the patient with great deprivations or serious interference with his duties. All methods are intended to limit the previously abundant supply of food-stuffs, either by cutting down the ingestion of all varieties of food, or only that of certain special kinds. The latter method depending upon the exclusion of articles of diet making the fat of the body, it is to be determined which food must be regarded as such. We know that under certain conditions fat may be made by albumen, fat, and the carbohydrates. As albumen is an indispensable factor of general nutrition, fat and the carbo-hydrates will claim our sole attention in any attempt to remove obesity by dietetic measures. Ebstein allows his patients a certain moderate amount of fat, but far less than Voit; his cure consequently has been erroneously called "the fat cure." Experience has proven that Ebstein's method, which, to sum up, consists in withdrawing or limiting the carbo-hydrates, allowing the usual quantity of albumen and even a moderate proportion of fat, has suc-

* *Therapeutic Gazette.*

ceeded in removing the surplus of fat in very many individuals. In allowing a certain quantity of fat, Ebstein argues, the sensations of hunger and thirst are reduced, thus preventing overeating.

The type of treatment which consists in withdrawing the fatty matters is the Banting cure. This method allows almost exclusively of a meat diet, forbids not only all fats, but also all carbo-hydrates, and even all liquid diet (as nearly as feasible). It is not surprising that all of these methods, producing serious alterations in the tissue-changes, and prescribing stringent dietetic rules, never secured anything like a general popularity.

Voit recently introduced a modification of the Banting cure, the nucleus of which was the augmentation of the carbo-hydrates and a reduction of albumen. Other more or less efficient methods are those which depend upon the exclusion of liquids.

Ebstein's general *resume* can be comprised in the following theses :

1. The Banting cure is a successful but not a rational method, as it is applicable for a limited period only, and injures health by the demanded ingestion of an excess of meat and the withdrawal of carbo-hydrates.

2. Methods depending upon limiting the liquid diet, such as proposed by Dancel and Oertel, are rational, but difficult to execute, on account of the unavoidable excessive thirst.

3. Ebstein's method is both rational and successfully practicable. It reduces hunger and thirst, and thus facilitates the reduction of the general supply of solids and liquids. The relatively small quantity of fat allowed equals as a strengthening factor a two and a half times as large a quantity of carbo-hydrates. Hence this method is well adapted to the combination with suitable gymnastic exercises.

4. Forced muscular movements, together with profuse perspiration, as recommended by Stockes and Oertel, for the treatment of cardiac weakness depending upon constitutional lipomatosis, require great care and caution. Atheromatous conditions, of course, would be a positive veto to the application of this method, which in this case can be supplanted

by withdrawing the water, through heating the skin by warm air (Roman baths).

5. Medicines and mineral waters are at least dispensable, many being therapeutically inert, others positively injurious.

The discussion of the subject, participated in by Unna (Hamburg), Bauer (Munich), Zuntz (Berlin), Baels (Tokio), and Juergensen, brought out many other interesting points.

Zuntz was decidedly in favor of mineral waters, which increased the supply of salt solutions, and indirectly of oxygen, favoring thus the combustion and excretion of carbo-hydrates. Unna drew a distinction between muscular, tegumental and intestinal fat, and held that the processes of growth and disappearance were different for each kind, showing that no one method of treatment would be efficient for each type of fat.

Baelz asserted the complete absence of obesity in Japan among the working classes, which live almost exclusively on a vegetable diet, take but little water and no alcohol at all.

Juergensen, in conclusion of the discussion, pointed out the danger of treating obesity according to one system only, and emphasized the importance, in fact the necessity, to carefully individualize and act accordingly.

Dr. Kisch, of Marienbad, on the other hand, has opinions at variance with those of other authorities on the best methods to get rid of an excess of fat. His principle is to eat moderately, to admit of a mixed diet, though consisting more of meats, and to take persistent physical exercise.

His *menu* at Marienbad, which for a number of years enjoyed great success, is as follows :

5 to 6 A. M. : three to four glasses of the spring water, then active exercise one to two hours. Breakfast, one cup of coffee or tea, with one teaspoonful of milk, but no sugar, 50 grms. of roll (zwieback), 25 to 50 grms. of cold lean meat or lean ham. No butter.

10 to 11 A. M. : bath in springs with addition of two to three kgms. of soda ; cold douche ; one hour's promenade ; one glass spring water with lemon juice.

Russian or Turkish bath twice a week if the heart is strong and intact.

Dinner, 1 to 2 o'clock: cup of thin, not fatty, broth without cereals; 150 to 200 grms. of fried, lean meat without gravy; some light vegetable; 25 grms. of roll.

The following are strictly forbidden: the goose, duck and pork, carp, salmon, herring, pies, potatoes, butter, cheese, cream, ice cream, etc.

One or two glasses of good wine (even half a bottle) are permitted; champagne, beer and liquors are interdicted.

Afternoon: walk for three hours; one cup of tea or coffee with milk or sugar.

6 P. M.: one glass of spring water.

Supper, 7 to 8 o'clock: 100 to 120 grms. of fried meat, cold roast, or lean ham, 15 to 20 grms. of bread; one hour's promenade.

Before retiring, cold washing of the entire body. The sleep is not to last over seven hours.

SOME NEW REMEDIES FOR DOMESTIC USE.

Acetic acid is prescribed for a profuse flow of milk. Procure the third potency, and take ten pellets every three hours. Useful also in very severe bleeding from the nose or womb, and all conditions that combine great thirst, frequent urination and emaciation.

Æsculus is essential in treatment of piles, where the bowels feel dry, as if full of sticks, pains burning and extend to back; stools hard and passed with much straining.

Baryta iod. reduces swollen glands, especially enlarged tonsils. Use the third trituration, a dose three times a day.

Chelidonium: dull, heavy pressing pain in the back, just below the right shoulder-blade. Disordered liver, jaundice and constipation. Bilious symptoms generally.

Chinin ars. in powder of the third potency will be found the most valuable single remedy that can be named in all

sorts of diarrhoea, especially those that arise from eating unripe fruit or other laxative articles. As a tonic in run-down conditions of the system, it is indicated, improving the appetite and general health.

Cimicifuga is a splendid remedy in lumbago, used internally and locally. Add one part of the tincture to nine of hot water, and foment the back. Excellent in rheumatic and neuralgic conditions and menstrual troubles.

Iris is a very valuable remedy in sick headaches of stomach origin, and where intense acidity is marked; also, with looseness of bowels.

Magnes. carb. will be useful, in globules of the sixth potency, for conditions which chiefly affect young children. When teething is late, and the teeth, as they come, are poor and painful, with swelling of the gums and little blisters in the mouth, this is the remedy. Also for thin, green frothy, stools with cutting pains through the abdomen. This medicine also relieves difficulties with the monthly sickness when the flow is much increased by night.—*Hanchett*.

BOVININE, BUSH'S FLUID FOOD,

Contains more than 34 per cent. of Soluble Albuminoids. Is the only Raw Food in the world. Keeps in any climate. Does not become putrid like most other meat extracts. Is retained by the most irritable stomach. Creates new and vitalized blood faster than any other preparation. Sustains life for months by injection. Is daily saving life in cases of Phthisis, Typhoid and Relapsing Fever, Diphtheria, Bright's Disease, Neuralgia, Pneumonia, Anemia, Marasmus, Cholera Infantum and all diseases of children. Builds up the system after severe surgical operations. Soothes and alleviates ulcerated and cancerous conditions of the stomach and rectum. Is the only nutrient that will permanently cure nervous prostration and debility. Upon it puny and feeble infants and children and their exhausted mothers thrive wonderfully. Gen. Grant lived for four months on Bovinine alone. John Roach lived wholly on Bovinine for two months. Contains no medication whatever. Put up in 6 and 12 ounce bottles, at 60 cents and \$1.00. Twelve ounces contain the strength of ten pounds of meat.